

"DIRTY LAUNDRY"

by

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Wellness Project Class 4

NARRATOR:

Ann and Judy are at home at Pleasant Life ARF on a Wednesday evening. Ann has washed some clothes, and put them in the dryer. She has gotten caught up in a movie now in the LR, and she has forgotten about her clothes in the dryer.

Meanwhile, Judy has now washed some of her clothes, and has just transferred them to the dryer. When she did that, she found Ann's clothes in the dryer. She felt them, they were dry, and she pulled them out and put them on the floor, and put hers in the dryer and started the dryer.

Judy now joins Ann in the LR and sits down next to her.

JUDY

"What's on?"

ANN

(keeps watching the screen and says) "A movie."

JUDY

"What about?"

ANN

(makes an exasperated sound; doesn't like the interruption) "Just watch."

JUDY

Says out loud: "I wonder if it's any good..."

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ANN

(Scoots her chair a little away from Judy's.) Continues watching the movie.

NARRATOR:

A commercial has come on the TV. Ann gets up and goes into the kitchen for something to drink. Judy stays watching the commercial.

Ann remembers her laundry, and turns toward the laundry room. As she turns, she sees what looks like her clothes on the floor. She walks up to get a closer look. She picks up a shirt. Then she strides back through the kitchen to the living room. The movie has just started again. Judy turns toward the kitchen.....

Judy

(Yells): "Ann, the movie's back on!"

ANN

(Walks into Living room and yells):
"you pig!" and throws the shirt at
Judy.

JUDY

(Jumps out of chair and yells): "well
you act like you own the place!"

NARRATOR:

Both Staff 1 and Staff 2 hurriedly
enter the living room upon hearing the
commotion.

SCENE NOTES FOR JUDY AND ANN

You are now both upset; it does not occur to Judy that she did anything to upset Ann. She is startled and upset at Ann's 'out of the blue' outburst.

Ann was already irritated at Judy when she went into the kitchen; finding her clothes on the floor was the last straw. Judy really gets on her nerves.

When Staff 1 and Staff 2 enter the room, both of you are upset, feel wronged, and both want to be heard. You may take this escalation through information questions, challenging questions, refusal and release. You will both vent verbally and physically **but without making contact with another person.** (You might wave your arms around, make your hands into fists and wave them around, knock over a chair (but be sure not to throw it or hit anyone with it), and you can name call, swear, yell scream, etc. Make it real without physically making contact with another person, and without making a direct threat.

The purpose is for staff to have an opportunity to use and practice beneficial support at various stages of your behavior and emotional expression. Please respond to what the staff is doing; for example, if the staff approaches you quickly, stands in front of you, doesn't use your name, tells you to 'calm down' etc. make an escalation, since that is not a supportive presence.

THE END